

WELCOME

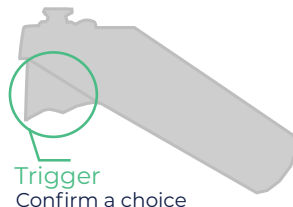
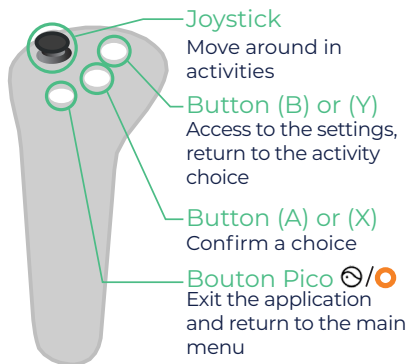
Welcome to this adventure, and congratulations for your courage to face your anxieties, and to go on this journey to well-being. Make this therapy yours. Make it happen according to your needs, your desires, your personality and your current mood. You are the main actor.

Don't be afraid of the feelings you may have, don't be afraid of who you are. Also accept the time that therapy may take. Don't be in a hurry, everything will come in time. Instant change is not possible, and will only bring you additional anxiety and pressure. Trust yourself, everything you do brings you closer to serenity.






You will be guided, directed and accompanied throughout this process. You are not alone. Your psychologist is there for you. You can ask him/her all your questions, share all your doubts. The sessions are a safe space where you can feel free to share everything.

Before you start the first session with your therapist, do not expose yourself to the environment that is anxiety-provoking for you. However, you can already follow the steps in this document to best prepare yourself. You can then set it in motion and begin exposing yourself in relaxing environments.




FAMILIARIZE YOURSELF WITH THE HEADSET



Do not expose the headset lenses to the sun.

1. Unbox your headset.
2. Charge the headset using the supplied cable.
3. Press the button with the red sticker  until the Pico logo  appears in the headset.
4. Turn on the controllers with the button  .
5. Choose a game zone by following the instructions in the headset.
6. Use the trigger to click on the network logo .
7. Click on the name of your Wi-Fi network and enter your password and validate.
9. Click on the **Application** and then on a C2Care application.

TIPS

- Remember to **charge the headset** before the session with the psychologist.
- If your **controllers** are not detected, press the button   to turn them on. If the controllers remain undetected, consider changing the batteries.
- To set a **play area**, click on *Quick Zone* or *Default*, and then choose a position and perimeter size to suit your preference.
- To **update your headset's system**, go to the settings  (cogwheel icon at the bottom of the screen). On the right side of the screen, click on *Check for PUI update*, then on *Check for updates* and then *Update online*.